

## The Guardian Meditations

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Buddhānussati mettā ca  
Asubhaṃ maraṇassati  
Iccimā catur'ākkhā  
Kātabbāca vipassanā

*These four meditations-recollections of the Buddha, good will, the foulness of the body, and mindfulness of death-are guardians & means of insight that should be done.*

Visuddha-dhamma-santāno  
Auttarāya bodhiyā,  
Yogato ca pabodhā ca  
Buddho Buddho'ti ñāyate.

*The Buddha is unfailingly pure. Because of his unexcelled Awakening, and because he trains other to awaken, he is known as the Awakened/Awakening One.*

Narānara-tiracchāna-bhedā sattā sukhesino  
Sabbe pi sukhino hontu  
Sukhitattā ca khemino.

*All living beings-human, non-human, & animal-who are searching for happiness: May they all be happy and, through their happiness, secure.*

Kesa-lomādi-chavānaṃ  
Ayam'eva samussayo,  
Kāyo sabbo pi jeguccho  
Vaṇṇādito paṭikkulo

*This conglomeration of things from dead bodies, like hair of the head & hair of the body: The body as a whole is disgusting and, in terms of such things as its colors, unclean.*

Jīvit'indriy'upaccheda-saṅkhāta-maraṇaṃ siyā  
Sabbesaṃ pīdha pāṇīnaṃ, tañhi dhavaṃ na jīvitaṃ

*Death, the destruction of the faculty of life, will come to all beings. Death is certain, but life is not.*